

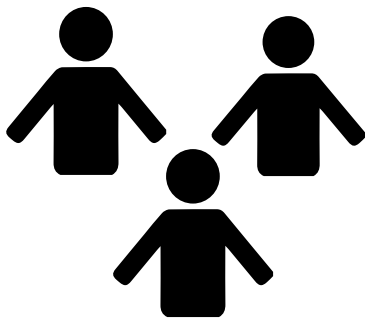
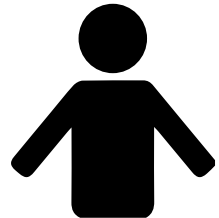


District H Corporate Wellness

Employers who invest in worksite wellness can see a return of \$3-6 per dollar spent over a 2-5 year period. District H Crossfit Nutrition is overseen by a Registered Dietitian and focuses on behavior changes and promoting a healthy LIFESTYLE through Nutrition Education.

Employer Benefits

- Decreased sick leave/absenteeism
- Increased job satisfaction
- Decreased use of healthcare benefits and worker's comp claims/disability
- Competitive edge in the hiring process

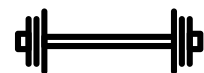


Employee Benefits

- Weight loss
- Increased productivity, happiness, energy, focus and motivation
- Decreased stress
- Decrease in body fat
- Improved physical fitness and mobility

Wellness Options

- Private Small Group Classes
- Corporate Memberships and discounts
- Wellness Challenges
- Nutrition guidance
- Nutrition/Health Seminars



Contact Us

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